

**"A CLINICAL COMPARATIVE STUDY OF PUNARNAVA MANDURA  
AND GUDUCHYADI KASHYAM AS IMMUNOMODULATOR W.S.R  
VYADHIKSHAMATWA"**

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**ABSTRACT**

Immune system prevents / resists and overcome such factors which are produced in the course of the vital activities of the organism. Immune system prevents occurrence of various diseases but also tries to fight critical diseases like prameha, Rajyakshma, pandu, arbudas, premature senility, natural degenerative changes 1. According to the World Health Organization (WHO) about three –quarters of the world population relies upon traditional remedies (mainly herbs) for the health care of its people. In fact, herbs and/or plants are the oldest friends of mankind. They not only provided food and shelter but also serve to cure different ailments. Herbal medicine, sometime called traditional or natural medicine, has always existed in one way or another in different cultures and civilizations. Rasayan consists of a

number of plants reputed to promote physical and mental health, improve Defense mechanisms of the body and enhance longevity these attributes are similar to the modern concept of adaptogenic agent which are known to afford protection of the human. To away

from the diseases immunity is very much essential to build up good health. low immunity impaired performance muscles weakness and has been shown effect of person's physical functions. Immunity system of physical should not be accepted as well as inevitable consequences of aging. The potential negative impact of low immunity level on performance status physical and functional independence.

**KEYWORDS:** Immunomodulator, Vyadhikshamatwa, Punarnawadi, Mandura, Guduchyadi Kashayam.

### AIMS AND OBJECTIVES

- 1) To evaluate the effect of Punarnava Mandura on Immunity.
- 2) To evaluate the combined effect of Punarnava Mandura and Guduchyadi kasayam on Immunity.
- 3) To compare the effect of Punarnava Mandura and Guduchyadi kasayam on Immunity.

### INTRODUCTION

Charaka samhita gave the view on the term vyadhikshamatwa and commentator explained the term in two divisions, viz:

- (1) **Vyadhi balavirodhitam:** It is capacity to restrain or withstand the strength of the disease i.e., strength to resist the progress of disease,
- (2) **Vyadhi utpada pratibandhakatva:** The resisting power of the body competent enough to prevent the occurrence and re- occurrence of the diseases. In Sanskrita the word Vyadhikshamatva is made of two words, Vyadhi and Kshamatva. According to Ayurveda, Vyadhi is conditions which come into existence as consequence of none- equilibrium between doshas, Dhatu and Malas.
- (3) Charaka has also described bala as the factor, that destroys the Dosas or disease causing factors viz “RALAM HYALAM DOSHARAM NIGRAHAYA DOSANAM”[ch.chi.3/16]

Ayurveda has propounded the concepts of immunity as “vyadhi kshamatva” Acharya chakrapani Dutta, has interpreted the term vyadhi kshamatva as vyadhi bala virodhitva, i.e. antagonistic to the strength and virulence of disease and vyadhyutpada pratibandhakatva i.e the capacity to habit bind the causes and factors of the disease. In fact, one of the Therapeutic strategies in ayurvedic medicines is to enhance the body, overall natural resistance to the disease causing agent rather than directly neutralizing the agent itself. The use of herbs for

improve the overall resistance of body against common infections and pathogens has been a guiding principle of ayurveda.

## **MATERIALS AND METHOD**

Total number of 40 patients was selected from OPD/IPD of S.S.R. Ayurvedic Medical College and Hospital by simple random sampling method and divided into two group.

1> Group A- 20 Patients treated with Punarnava Mandura.

2> Group B- 20 Patients treated with Guduchyadi Kashayam.

### **A) INCLUTION CRITERIA**

1. Patient between 25 to 60 years.
2. Patients less than one year of chronicity.
3. lack of immunity

### **B) EXCLUSION CRITERIA**

1. Patients suffering from systemic diseases like diabetes mellitus, renal disorders. Heart disease, cancer, acquired immune –deficiency syndrome, Tuberculosis, Hypertension and bleeding disorders.
2. Patients having anemia due to chronic diseases including inflammatory disease, malignancy and chronic infection or blood loss.
4. Hb% level below 7g/dl.
3. Anemia in a case of defective absorption due to gastrectomy, sprue syndrome etc. Patients were diagnosed and assessed thoroughly on the basis of Ayurvedic classical signs and symptoms of slow recovering and examined on the basis of specially prepared proforma.

**C) Study Design:** Total number of 40 patients was selected by simple random sampling method and divided into two group.

1> Group A- 20 Patients treated with Punarnava Mandura.

2> Group B- 20 Patients treated with Guduchyadi Kashayam.

### **D) Diagnostic criteria**

Diagnosis is made on the basis of classical symptoms and laboratory investigations.

Presence of prominent feature of chronic disorders

### **E) Treatment Period & Plan**

**Group A-**In this group, 20 patients will be administered PUNARNAVA MANDURA

Dose: 250mg BD day in divided doses

Kala: Morning and Evening after meal.

Anupan: Sukoshana jala.

Duration: 28 days with review for every 7 days

Follow up: 7 days

**Group B** -In this group, 20 patients will be administered GUDUCHYADI KASAYAM

Dose: 20 ml BD in divided doses.

Kala: Morning and evening after meal.

Anupan: Sukoshana jala.

Duration: 28 days

Follow up: 7 days

## OBSERVATION AND RESULT

Depending upon subjective and objective criteria assessment of the responses will be made.

The effect of the therapy was assessed as follows

a> complete remission: 100% relief was considered as complete remission.

b> Marked improvement 76-99% relief was considered as mark improvement.

c> moderate improvement 51-75% relief was considered as markedly improvement.

d> Mild improvement 25-50 relief will be considered as markedly improvement.

e> Unchanged below 25% relief was considered as unchanged.

## DISCUSSION

Discussion done from the data available, Samhita and Texts. The patient assessed on the different parameters to obtain the effects of therapy. All the clinical features assessed on every 7th day. The result and observation during follow up and after completion of study are mentioned earlier and will be discussed as follow,

1. General discussion
2. Clinical parameters
3. Effect of therapy
4. Probable mode of action
5. Further scope of study

## CONCLUSION

Punarnava Mandura & Guduchyadi kasayam are tremendous herbo mineral immunomodulator formulation which work as a anti oxidant and rasayana in the patients of recurrent viral diseases and can counteract most of the pathological manifestations related to weakness. But outh of both Guduchyadi Kashaya is most effectice than Punarnava Mandur.

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